

Health checklist for students who traveled out of Niigata prefecture

Student ID :

Name :

Phone Number :

	Date	Check your body temperature twice a day (°C) Body temperature		Check the following symptoms							
		AM	PM	Cough	Sore throat	Runny nose, nasal congestion	Headache	Diarrhea, stomachache	Excessive fatigue	Shortness of breath	Others
Example	April, 6th	36.2	36.5		✓		✓				
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											
Day 8											
Day 9											
Day 10											
Day 11											
Day 12											
Day 13											
Day 14											

Actions you took yourself in the case you had the symptoms.

(Example: I saw a doctor at a medical institution on April 20th. I contacted Niigata City Public Health and Sanitation Center on April 29th.

I took over-the-counter medicines on May 1st.)

- Check your body temperature twice a day for 14 days.
- If you have any symptoms listed in the checklist, please tick the appropriate box as shown in example.
- In the case you have severe symptoms such as excessive fatigue, shortness of breath, and a high fever or you have/continue to have mild symptoms such as a fever and cough, please consult with your family doctor over the phone. Depending on your symptoms, the doctor will refer you to Coronavirus Medical Consultation Center of Medical Association of Niigata City (新潟市医師会新型コロナ相談外来) or Coronavirus Consultation Center (帰国者・接触者相談センター). Make sure to call Niigata City Emergency Case Clinical Center (025-246-1199) for consultation during weekends, holidays, and night hours.
- If you are not living in Niigata, please consult with Coronavirus Consultation Center in your neighborhood over the phone.
- In the case you need to get tested for the virus such as PCR, please call Niigata University Health Administration Center. (Ikarashi Campus: 025-262-6244 Asahimachi Campus: 025-227-2040)

Self-reporting travel/activity form for students

When you travel out of Niigata prefecture, you are required to submit your travel history form along with your health checklist.

(Example. I travelled to XX city, XX prefecture on June 29 and stayed there for 3 days, to attend XX which had 200 attendees.)

	Date month/day	Your travel history: From the following day you come back to Niigata prefecture, please record your travel history, including information about where and who you met with.
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		